

Atemi Waza (kodomo – børn)

Niveau	Disciplin	Teknikker			
	Plethandsker/slagpuder	Kizami Tsuki	Gyaku Tsuki	Teisho Uchi	
6. ko	Kombinationer	Kizami Tsuki el. Gyaku Tsuki Te Nagashi Uke			
		Stand: Zenkutsu Dachi, start/slut: Kamae			
	Plethandsker/slagpuder	Mawashi Tsuki	Hiza Geri	Mae Geri	
5. ko	Kombinationer	Mawashi Tsuki Uchi Shuto Uke <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	Mae Geri Gedan Barai <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>		
	Plethandsker/slagpuder	Mae Empi	Age Empi	Age Tsuki	Mae Geri (Keage/Kekomi)
4. ko	Kombinationer	Chudan Mae Geri Gedan Barai + Gyaku Tsuki <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	Chudan Mawashi Geri Gedan Barai + Mae Geri <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>		
	Plethandsker/slagpuder	Mawashi Geri (Chudan/Gedan)			
3. ko	Kombinationer	Chudan Mawashi Geri Morote Uke + Gyaku Tsuki <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>	Gedan Mawashi Geri Undvig tilbage + Gyaku Tsuki <i>Stand: Zenkutsu Dachi, start/slut: Kamae</i>		
	Plethandsker/slagpuder	Uraken Uchi	Yoko Empi Uchi		
2. ko	Kombinationer	Kizami Tsuki Uchi Shuto Uke + Mae Ashi Mawashi Geri + Gyaku Tsuki	Uraken Uchi Soto Uke + Yoko Empi Uchi + Gyaku Mae Empi Uchi		
	Plethandsker/slagpuder	Yoko Geri Chudan (Keage + Kekomi)	Kizami Tsuki + Gyaku Tsuki + Mawashi Tsuki + Gedan Mawashi Geri		
1. ko	Kombinationer	Gyaku Mawashi Tsuki Uchi Shuto Uke + Gedan Mae Ashi Mawashi Geri + Gyaku Tsuki	Jodan Kizami Tsuki "Slip yderside" + Gyaku Tsuki + Mawashi Geri	Jodan Mawashi Tsuki "Weave/roll yderside" + Mawashi Tsuki + Jodan Mawashi Tsuki	